

# Health, Beauty And The Home

## Easier Summer Laundry

By Mrs. Christine Frederick,  
The Distinguished Authority on Household Efficiency.

IF there is one place where up-to-date equipment pays it is in the laundry. For instance, an electrically operated washing machine, if properly installed in connection with regular plumbing, will practically wash the clothes with no other attention than filling and emptying the washer. A washing machine not only washes clothes, but rinses and blues them. After the clothes are washed the water may be drained off and fresh hot clean water added. The clothes may then be rinsed directly in the washer, using as many changes of water as necessary.

In addition to a washer, an ironing machine is most practical, especially in a large family. Some people wrongly have the impression that such machine irons only "flat" pieces. On the contrary, it will iron successfully night wear, petticoats, aprons and many other articles, even house dresses.

Such a machine consists of a metal roll covered with a pad of cotton and fitted with a handle. It may be heated either by gasoline or gas, gas being far more efficient. All that is necessary is to guide the clothing between the heated rolls. Such machines come in different sizes, the 40-inch length being most desirable for family use.

But before using any equipment the housewife will do well to see if she cannot cut down the time required by laundry by the sensible plan of not having such a large quantity in the first place. The writer had two secretaries in her employ at various times. The first one said she had traveled all over Europe "in a suit case." Certainly she looked neat, notwithstanding the fact that her laundry consisted of only a few handkerchiefs, underwear and socks. She was followed by another girl, who each week put

in the laundry three blouses, corset covers, a dozen handkerchiefs, petticoats and sufficient other clothes to have cost \$3 if done at any commercial laundry.

The laundry problem first resolves itself into training the family to be careful and saving in the use of their clothes. Clothes that are not hung up carefully when not in use will often be considered too soiled, when a little care would have made them do longer service. Clothes hangers and nails are cheaper than soap and labor.

Many mothers dress their children in a style which demands a worker's entire time to keep the child clean. How much better to use bloomers on little girls instead of ruffled underwear and skirts; to allow children to wear overalls and

## Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Berries, Cereal, Poached Eggs in Milk. Toast, Coffee. Luncheon Corn Muffins, Buttermilk, Peach Whip. Dinner Cold Roast Beef, Baked Potatoes, Gravy, Steamed Squash, Beet Salad, Fruit Gelatine, Custard Sauce.	Breakfast Fruit, Cereal, Beef and Potato Hash. Coffee. Luncheon Corn in Ramekins, Tomato Salad, Toasted Muffins, Prunes. Dinner Boiled Fish, Green Peas, Buttered Noodles, Raspberry Tapioca, Coffee.	Breakfast Melons, Oatmeal, Hard Rolls, Coffee. Luncheon Peppers Stuffed with Left Over Fish, Cornmeal Gems, Stewed Plums. Dinner Green Pea Soup, Fried Egg Plant, Chili Sauce, Blackberry Dumplings, Coffee.	Breakfast Bartlett Pears, Creamed Dried Beef on Toast, Coffee. Luncheon Spinach Timbales, White Sauce, Brown Bread, French Dressing, Iced Tea. Dinner Veal Cutlets, Succotash, Sliced Tomatoes, Rice Jelly, Sponge Cake.	Breakfast Stewed Apples, Fish Flakes, Quick Corn Bread, Coffee. Luncheon Salmon Salad, Sliced Cucumbers, Sandwiches, Iced Coffee. Dinner Macaroni with Cheese, Boiled Asparagus, Lettuce, Cress and Tomato Salad, Ice Cream.	Breakfast Cereal, French Toast, Coffee. Luncheon Cream Cheese Salad, Brown Bread, Cornstarch Blanc Manger, Iced Tea. Dinner Brown Beef, Green Peas, Lettuce Salad, Sliced Peaches, Coffee.	Breakfast Scrambled Eggs, Wheat Muffins, Coffee. Dinner Cold Sliced Pressed Beef, Boiled Potatoes, Ice Cream, Wafers. Supper Beef Tongue Salad with Parsley Garnish, Bread and Butter Sandwiches, Iced Tea.

rompers at play and to train them not to soil whatever clothes they have on.

The linen from the table often forms a large item. But, as we have said so often, why not use dollies or runners set crosswise instead of long cloths? There are beautiful dollies of cotton or paper

which make the table look even more attractive than the usual table cloth. Not only are these better style, but the saving in laundry work is surprising. The dollies can be "done up" in a few moments, whereas a table cloth takes over half an hour.

The electric iron has not been

mentioned, because it goes without saying that such an iron is far more efficient than the old-fashioned "sad iron." A three-pound iron is a good weight. A "baby" or traveler's iron is excellent for doing the more dainty articles, such as the yokes of children's dresses, handkerchiefs and soft collars.

## Bathing for Beauty

By Lina Cavalieri,  
The Most Famous Living Beauty.

ASIDE from its chief purpose of cleanliness, the daily body bath improves the texture of the skin in an amazing fashion. It tones up the quality of the skin until a really plain face is made lovely and renders a beautiful face even more charming and attractive than before.

Let me direct the baths of the body and the complexion will take care of itself. How shall I impress this upon you, I wonder? I am going to tell you something which you may have forgotten, and that is, when we speak of the skin as "the third lung" we are minimizing its importance. The skin discharges twice as much waste matter from the body as do the lungs.

The daily bath—and in some instances the bath twice a day—is not, as persons advanced in some directions and pitifully behind in

others tell us, a luxury. It is a necessity. It does not, as some ignorantly assume, destroy the oils of the skin.

For myself, I find the tepid bath in the morning followed by a slightly cooler shower or splash with sponge or hands, the best for my needs.

My skin happens to be exceedingly thin and annoyingly sensitive. If it were one of the harder, one of the more durable sort, I should try this method of removing scarf skin: I should take first a hot tub bath, as hot as could be comfortably borne. Then, if I were strong enough and my physician vouched for the fact, I would take a cold plunge or shower afterward. Do not remain under the icy shower for more than one minute, however.

After that I should have a brisk rub-down, not with a soft linen towel, but with a big, coarse Turkish towel.

## Tested Sandwich Recipes

By Mary Lee Swann,  
Principal, Scudder School of Household Arts.

### "Green" Butter.

CREAM  $\frac{1}{2}$  cup butter and add 1 cup finely chopped or sifted cooked spinach, 1 teaspoon finely chopped parsley and 1 teaspoon of pounded capers. Season to taste with salt and paprika.

### Pineapple Sandwiches.

COOK 1 cup of pineapple juice and pulp,  $\frac{1}{2}$  cup sugar and 1 tablespoon lemon juice until thick. Cool and spread upon thin slices of sandwich bread which have been spread with creamed butter.

### Watercress Butter.

WASH and cream  $\frac{1}{2}$  cup butter and add 4 tablespoons finely chopped watercress and a few drops of lemon juice. Continue dropping until well blended. Cooked spinach may be substituted for the watercress.

### Pimiento Butter.

CREAM  $\frac{1}{2}$  cup butter and add 2 or 3 canned pimientos, which have been forced through a sieve. When thoroughly blended add a pinch of salt and 2 or 3 drops of mild vinegar.

### Baked Bean Sandwiches.

RUB 1 cup of baked beans through a sieve. Add 1 tablespoon tomato catsup, 1 teaspoon onion juice,  $\frac{1}{2}$  teaspoon mustard and a pinch of grated horseradish. Spread on bread and cut into regular shapes.

### Fairy Sandwiches.

CUT bread in  $\frac{1}{4}$  inch slices. Spread with any of the flavored attractively colored butters and shape with a fancy rectangular cutter. Cover with pieces of the bread from which tiny hearts, clubs, diamonds, etc., have been cut with small cutters.

## Sunday American-Examiner Patterns

HERE IS A NEW SHIRT WAIST (2867). The pattern is cut in seven sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. Size 38 requires  $3\frac{1}{2}$  yards of 36-inch material.

A STYLISH SKIRT (2874). The pattern is cut in seven sizes: 22, 24, 26, 28, 30, 32 and 34 inches waist measure. Size 36 requires 3 yards of 36-inch material.

A Dainty FROCK FOR THE LITTLE MISS (2875). The pattern is cut in four sizes: 2, 4, 6 and 8 years. Size 6 requires  $2\frac{1}{2}$  yards of 36-inch material.

A SMART BATHING SUIT (2861). The pattern is cut in four sizes: Small, 32-34; medium, 36-38;

large, 40-42, and extra large, 44-46 inches bust measure. Size medium requires  $3\frac{1}{2}$  yards of 44-inch material.

A SMART JUNIOR'S DRESS (2886). Cut in three sizes: 12, 14 and 16 years. Size 14 requires  $4\frac{1}{2}$  yards of 44-inch material.

A NEW PLAY GARMENT (2853). The pattern is cut in four sizes: 1, 2, 3 and 4 years. Size 4 requires  $2\frac{1}{2}$  yards of 36-inch material.

AN "EASY-TO-MAKE" APRON (2785). The pattern is cut in four sizes: Small, 32-34; medium, 36-38; large, 40-42, and extra large, 44-46 inches bust measure. Size medium requires  $3\frac{1}{2}$  yards of 36-inch material.

To obtain any one of these desirable patterns fill in the accompanying coupon and mail with 10c in silver or stamps for EACH PATTERN (each number represents one pattern) to

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## FRECKLES

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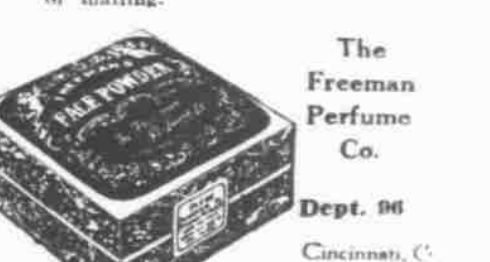
There's no longer the slightest need of feeling ashamed of your freckles, as Othine double strength—is guaranteed to remove these annoying spots.  
Simply get an ounce of Othine double strength—from your druggist, and apply a little of it night and morning, and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.  
Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.



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Makes the skin soft and beautiful, the complexion exquisite. Delicately fragrant and the choice of Society's favorites, Freeman's has maintained its uniform standard of excellence for over 50 years.

All trials at all toilet counters 50 cents, tax paid. Minimum sample box 4c, to cover cost of mailing.



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## What you hesitate to tell your dearest friend

A heart-to-heart talk about a physiological fact every woman should understand

IGNORANCE that permits avoidable injury to ourselves and others is wrong. Such ignorance should be dispelled by frankness, though the telling of the facts may be difficult and unpleasant.

There is a certain physiological fact that even close friends have permitted to mar their companionship because of ignorance and a false sense of modesty. You have known women ambitious socially and women aspiring for success in the business world who have fallen short of their hopes because of it.

We believe the time has come to do away with the false modesty that has made it possible for this thing to live so long, and by a simple and frank discussion eliminate forever the social harm it does.

A little thing—but it makes such a difference

Many a woman who says, "No, I am never annoyed by perspiration," does not know the facts—does not realize how much greater her charm would be if she were entirely free from both its odor and moisture.

We all know, of course, that the whole surface of our body is covered with innumerable tiny perspiration glands. We also know that those under the arms are usually more active than others.

But we do not stop to consider that, although in most places perspiration evaporates as quickly as it is formed, under the arms it does not. Here the curve of the arm and the constant wearing of clothing prevent rapid evaporation. As a result, even though we may be aware of no actual moisture, an odor formed from the chemicals of the body is usually lurking there.

It is a physiological fact that persons troubled by perspiration odor are them-

Many women write about their experiences

From a club woman:  
"I'd like to say how glad I am that women everywhere are beginning to wake up on this subject. I feel the importance of it so keenly because only a short time ago I myself was shocked to find that, for years, I had been living under this disadvantage. I wish that some one had told me long ago...."

From a business woman:  
"I was very much surprised and chagrined when I found out that, through ignorance of simple physiological facts, I had done myself great injury.... The impression I have made on my friends and many new acquaintances is going to be hard to correct. But I know now that I can do it...."

selves often unaware of its presence. It is also true that there are very few persons who are not subject to this odor, at least on some occasions.

So subtle, so tricky an enemy is perspiration, that under stress of exercise or sudden excitement or embarrassment it may, unknown to us, become an annoyance to others. Even though guarded against by daily baths, fresh linens and much talcum powder, it is likely to make its presence known at the most inconvenient moments.

### How fastidious women are meeting the situation

Fastidious women everywhere are meeting this trying situation with methods that are simple and direct.

They have learned that it cannot be neglected any more than any other essential of a woman's toilet. They are giving it the regular attention that

they give to their hair, or teeth, or hands. And for this purpose they are using Odorono, a toilet water specially prepared to correct both perspiration odor and moisture. Odorono was formulated by a physician who knew that perspiration, because of its peculiar qualities, was beyond the reach of ordinary methods of cleanliness. Antiseptic in its nature, perfectly harmless, Odorono is itself entirely without odor. Its regular use does the very thing that women are demanding—it gives absolute assurance of a daintiness that is unmarred by even the slightest taint of unpleasant odor or moisture. Odorono really corrects the cause.

So absolutely sure when made a regular habit

Any woman can dismiss any thought about the smallest annoyance from perspiration if she uses Odorono regularly just two or three times a week. At night before retiring pat it on the underarms with a bit of cloth or absorbent cotton. Don't rub in. Allow it to dry, and then dust on a little talcum before putting on your night-robe.

The underarms will remain sweet and dry and odorless! Daily baths do not lessen its effect. You'll have the satisfaction of knowing that with this constant, systematic treatment you'll be absolutely dainty in any circumstances.

Don't let this trouble spoil a lovely gown

Numberless women find that even their most becoming gowns are made unattractive by perspiration stain and odor. You need not be troubled in this way. You can keep your underarms so normally dry and sweet by the regular use of Odorono that no trace of perspiration ever can touch your frocks or blouses.

At all toilet counters in the U. S. and Canada, 60c and \$1.00. Trial size, 30c. By mail postpaid if your dealer hasn't it.

If you are troubled in any unusual way or have had any difficulty in finding relief, let us help you solve your problem. We shall be so glad to do so. Address Ruth Miller, The Odorono Co., 51 Blair Avenue, Cincinnati, Ohio.

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For Canada, The Arthur Sales Co., 61 Adelaide St., East, Toronto, Ont.  
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For Switzerland, The Agence Américaine, 6 Rue de Rhone, Genève.  
For England, The American Drug Supply Co., 6 Northumberland Ave., London, W. C. 2.  
For U. S. A., to The Odorono Co., 51 Blair Avenue, Cincinnati, Ohio.